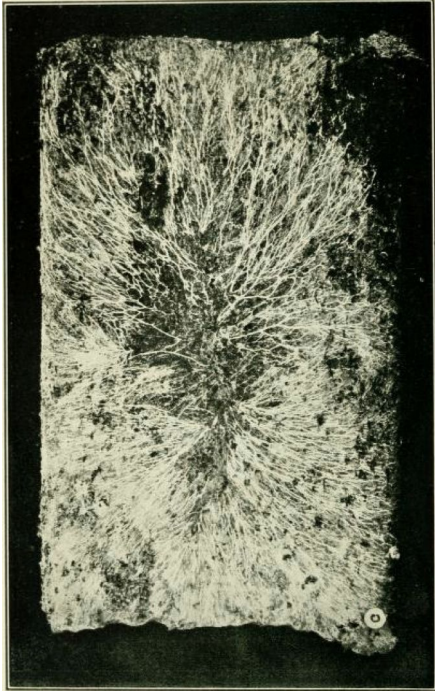


Disintegration

a breakdown on composting



by @compostingthebourgeoisie
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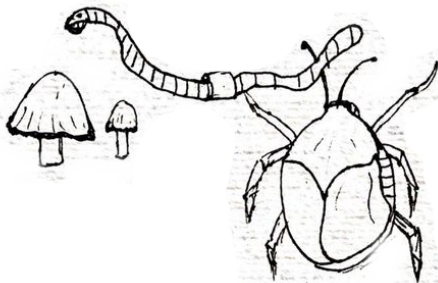
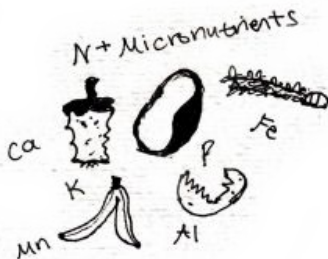


Elements

Carbon provided by mulch or straw

Nitrogen provided by food scraps

Micronutrients provided by food scraps



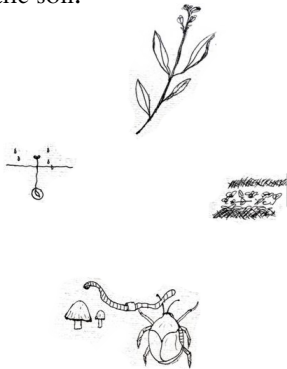
Together, aided by insects and microbes, these elements become compost; fertilizer made by food waste that restores nutrients and microorganisms to the soil.



Break down ↔ Build up ↔ Repeat

In the cyclic process of death and decay, organic matter breaks down and its nutrients become ready for Earth to use again.

Facilitated by detritivorous insects, worms, fungi, and bacteria, plant and animal transforms into **compost**: black, humus-like material that re-integrates nutrients and microorganisms into the soil.



Composting enables you to nourish plants without the use of synthetic fertilizer, reduce your waste output, and mend **metabolic rift**: the lapse in the nutrient cycle between rural food production and urban consumption.



Break down ↔ Build up ↔ Repeat

Hot or thermophilic composting facilitates heat-tolerant microbes to break down scraps. A cheap and easy way to start composting that can quickly process a lot of scraps! You need:

- A wooden box, or a trough, or some chicken wire formed into a tall circle, or just an area to make a pile
- Vegetative food scraps; including fruit and veggie peels, cores, coffee grounds, eggshells
- Mulch or straw
- Water
- Pitchfork or shovel

What to do:

- Collect your scraps in a bucket or bag; keep them in the freezer to prevent smells
- Layer scraps alternately with mulch or straw in your box, trough, or pile; wet the mulch or straw as you go along
- Cover with dry mulch or straw to prevent smells
- Turn once a week or so until compost looks dark and broken down
- In about two weeks, enjoy your finished compost!

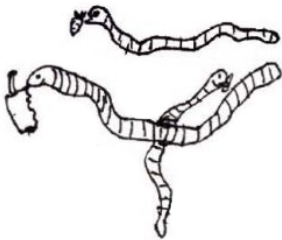


Break down ➡ Build up ➡ Repeat

Vermicompost or **worm bins** utilize earthworms to eat food scraps and create a nutrient-rich compost. The compost is made of the worms' waste and is also called worm castings. The worms don't smell, and will stay in the bin and reproduce as long as conditions are favorable. Vermicomposting is a good choice if you don't have a larger area for a compost pile, live in an apartment, or produce a small quantity of scraps.

You need:

- Red wiggler earthworms (can purchase online or from a garden supply store; or get a few from a friend's bin and wait for them to reproduce)
- A leak-proof wooden or plastic bin (Rubbermaid bins work well) with holes cut in the bottom for air, and a lid
- Vegetative food scraps *except citrus and onions*; including fruit and veggie peels, cores, coffee grounds, eggshells
- Shredded cardboard or newspaper soaked in water
- Pitchfork or shovel



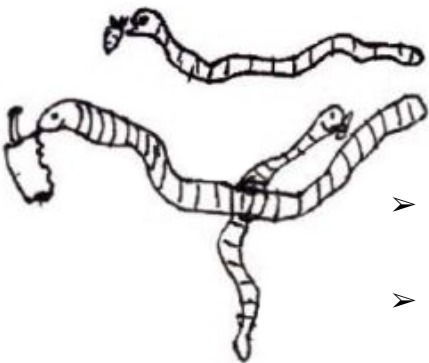
Break down ➡ Build up ➡ Repeat

Vermicomposting /// What to do:

- Collect your scraps in a bucket or bag; keep them in the freezer to prevent smells
- In the bin, layer scraps with wet shredded paper; add worms
- Cover bin with wet cardboard or newspaper and close lid
- Add more scraps once the worms have eaten most of the previous scraps; roughly every 3-4 weeks
- In about 3-4 weeks, enjoy your finished compost!

Tips:

- Worms don't like an overly acidic environment, so avoid feeding citrus and onions. Add garden lime to lower pH if necessary. Healthy worms should be dark pink and reproductively active
- Don't overfeed; wait for them to eat the first round of scraps before adding more
- Keep it moist, not wet; add soaked paper as needed



◀ No System but the Ecosystem ▶

Our entire food system is out of sync with Earth's cycles. Farmers use toxic synthetic fertilizers, while 40% of food grown is wasted, and almost all of it is thrown "away" into landfills where it never can break down and return its nutrients. Soils under industrialized agriculture lose their natural nutrients, structure, and microbial life, perpetuating chemical fertilizer dependence.

Only a few cities in the entire occupied so-called U.S. collect scraps for municipal composting. It is up to us to take back power from agribusiness and regain **sovereignty** over our food.

Composting allows you to take more control over your food production by reducing your landfill output and eliminating the need for chemical fertilizer. But the spirit of composting—**break it down, build anew**—isn't just for food scraps.

Compost the bourgeoisie!
Compost the police!
Compost capitalism!
And as always...
Earth First!

